

IT'S SUMMER JAM SEASON

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PHOTO BY ROD MORRISON

A photo essay by Rod Morrison

Flavors abound in the hot summer months, so why not spend a few hours in one's kitchen capturing the delightful aromas of the many berries, stone and citrus fruits, and spices at the Coop?

Choose distinctive stone fruits such as plums, peaches or apricots.



Or opt for juicy berries such as blackberries, strawberries, blueberries or raspberries—or a mixture of all. You'll have distinctive flavors ready for a jam bursting with the summer sun.



Add juice and zest from an organic lemon or lime, and your flavors will intensify.



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Next, choose your sugars and fruit pectin. Add spices such as cinnamon and ginger, all readily available at the Coop.



Last but not least, choose your jars from the wide selection available at the Coop. These are currently stored in the produce section on the shelves near the potatoes.



Don't forget, weather permitting, there is always time for a rooftop jam session. Invite your friends for a homemade jam tasting.

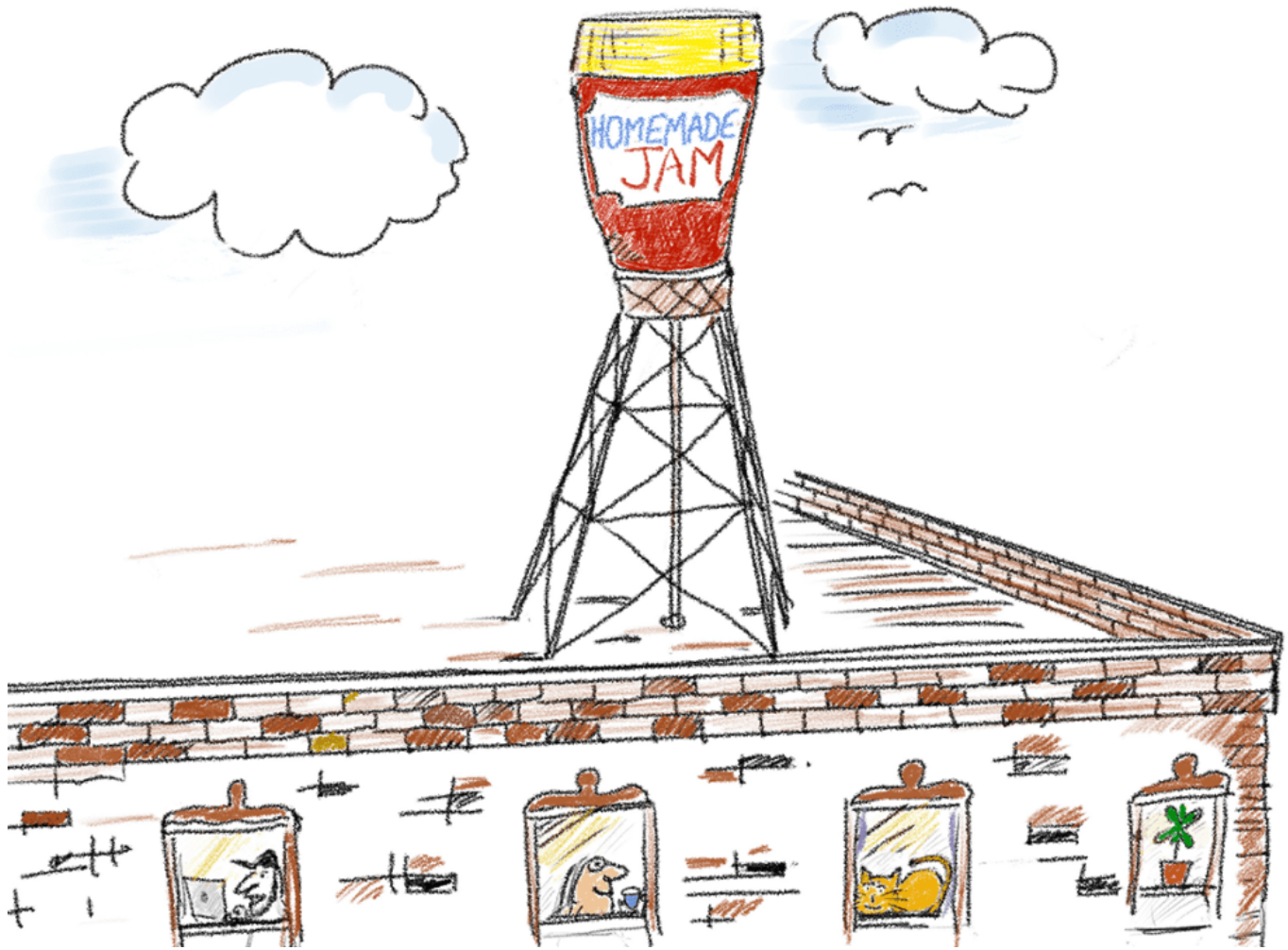


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Have a great summer!